

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|--------------------|--|------------------|--|--------------------|---|-------------------|--|-------------------|---|--------------------|--|--------------------|--|
| 6:45-7:30 MS | Tabata <i>Angie Lee</i> | 6:30-7:15 CS◆ | Studio Cycling <i>Monika Janeczek</i> | 6:45-7:30 MS | Stacked! <i>Angela Leigh</i> | 6:00-6:45 CS◆ | Studio Cycling <i>Chayanne Joël</i> | 6:30-7:30 YS | Hot Vinyasa Yoga <i>Kristina Erikson</i> | 10:30-11:15 MS | Tabata <i>Muri Assunção</i> | 9:30-10:30 YS | Hot Vinyasa Yoga <i>Rebecca Robbins</i> |
| 7:00-7:45 CS◆ | ANTHEM <i>Arthur Tang</i> | 6:45-7:30 MS | METCON3 <i>Kendall Janicola</i> | 7:00-7:45 CS◆ | Studio Cycling <i>Erica Villaiba</i> | 6:45-7:35 TR◆ | Precision Running® <i>T.B.D.</i> | 7:00-7:45 CS◆ | Studio Cycling <i>Julie Tamir</i> | 10:30-11:30 YS | Hot Vinyasa Yoga <i>Damien Alexander</i> | 11:00-11:45 CS◆ | Studio Cycling <i>Avery Washington</i> |
| 7:00-8:00 YS | Hot Athletic Yoga (L2) <i>Serena Tom</i> | 6:45-7:35 TR◆ | Precision Running® <i>Lindsay Carson</i> | 7:00-8:00 YS | Heated Pilates <i>Khaleah London</i> | 7:15-8:00 MS | Tabata <i>Muri Assunção</i> | 7:15-8:00 MS | Whipped! <i>Gerren Liles</i> | 11:15-11:35 MS | Ab Lab <i>Muri Assunção</i> | 11:00-12:00 YS◆ | Hot Vinyasa Yoga <i>Rebecca Robbins</i> |
| 7:35-8:20 MS | Tabata <i>Angie Lee</i> | 7:15-8:15 YS | Vinyasa Yoga <i>Anke Meserve</i> | 7:35-8:20 MS | Stacked! <i>Angela Leigh</i> | 7:15-8:15 YS | Vinyasa Yoga <i>Lisa Anzelmo</i> | 7:45-8:45 YS | Hot Athletic Yoga (L2) <i>Serena Tom</i> | 12:00-1:00 YS◆ | Hot Vinyasa Yoga <i>Damien Alexander</i> | 12:00-12:50 TR◆ | Precision Running® <i>Avery Washington</i> |
| 8:15-9:15 YS | Hot Vinyasa Yoga <i>Robert Nguyen</i> | 7:35-8:20 MS | METCON3 <i>Kendall Janicola</i> | 8:30-9:00 MS◆ | Firestarter <i>Khaleah London</i> | 7:45-8:35 TR◆ | Precision Running® <i>T.B.D.</i> | 8:30-9:20 TR◆ | Precision Running® <i>Arthur Tang</i> | 8:30-9:20 TR◆ | Precision Running® <i>Arthur Tang</i> | | |
| 12:00-12:45 MS | METCON3 <i>Lulu Faria</i> | 7:45-8:35 TR◆ | Precision Running® <i>Lindsay Carson</i> | 8:30-9:20 TR◆ | Precision Running® <i>Miriam Shestack</i> | 8:15-9:00 CS◆ | Studio Cycling <i>Shane Blouin</i> | 12:15-1:00 MS | METCON3 <i>Luis Weber</i> | 12:00-12:50 TR◆ | Precision Running® <i>Dominic Manfredi</i> | | |
| 12:00-12:50 TR◆ | Precision Running® <i>Dominic Manfredi</i> | 8:15-9:00 CS◆ | Studio Cycling <i>Melissa Morin</i> | 12:00-12:50 TR◆ | Precision Running® <i>Kevin St-Fort</i> | 12:00-1:00 YS | Hot Vinyasa Yoga <i>Omri Kleinberger</i> | 12:30-1:15 CS◆ | Studio Cycling <i>Nikki Bucks</i> | 1:00-1:50 TR◆ | Hot Athletic Yoga (L2) <i>Serena Tom</i> | | |
| 12:00-1:00 YS◆ | Hot Athletic Yoga (L2) <i>Serena Tom</i> | 12:00-1:00 YS | Power Yoga <i>Jen Guarnieri</i> | 12:00-1:00 YS | Hot Vinyasa Yoga <i>Rika Henry</i> | 12:15-1:00 MS | Stacked! <i>Matt Ortel</i> | 1:00-1:50 TR◆ | Precision Running® <i>KT Goldthorpe</i> | 1:00-2:00 YS | Studio Cycling <i>Wil Ashley</i> | | |
| 12:15-1:00 CS◆ | Studio Cycling <i>Wil Ashley</i> | 12:15-1:00 MS | Whipped! <i>Gregg Cook</i> | 12:15-1:00 MS | Boot Camp <i>Gerren Liles</i> | 12:30-1:15 CS◆ | Studio Cycling <i>Sabrina Cohen</i> | 1:00-2:00 YS | Vinyasa Yoga <i>Victoria Slagter</i> | 4:00-5:00 YS | Titan Method <i>Omar Sandoval</i> | | |
| 1:00-1:45 MS | Titan Method <i>Omar Sandoval</i> | 1:15-2:00 CS◆ | TERRAcycle! <i>Gregg Cook</i> | 12:30-1:15 CS◆ | Studio Cycling <i>Michael Reilly</i> | 1:15-2:00 MS | EQX Barre Burn <i>Joan Ferraro</i> | 4:00-5:00 YS | Vinyasa Yoga <i>Patricia Pinto</i> | 5:30-6:15 MS | Precision Running® <i>Dominic Manfredi</i> | | |
| 1:00-1:50 TR◆ | Precision Running® <i>Dominic Manfredi</i> | 1:15-2:00 MS | EQX Barre Burn <i>Cindy Davis</i> | 1:00-1:50 TR◆ | Precision Running® <i>Kevin St-Fort</i> | 1:15-2:00 YS | Heated Pilates <i>Jewel Elizabeth</i> | 5:30-6:15 MS | Athletic Conditioning <i>Tracy Gordon</i> | 5:30-6:15 YS | Hot Athletic Yoga <i>Jewel Elizabeth</i> | | |
| 1:15-2:00 YS | Heated Pilates <i>Jewel Elizabeth</i> | 1:15-2:15 YS | Restorative Flow Yoga <i>Patricia Pinto</i> | 1:05-1:50 MS | Tabata <i>Tracy Gordon</i> | 3:00-4:00 YS | Hot Power Yoga <i>Lindsay Carson</i> | 5:45-6:30 CS◆ | Pilates <i>Erin Ginn</i> | 5:45-6:30 CS◆ | ANTHEM <i>Lindsay Carson</i> | | |
| 2:30-3:30 YS | Hot Vinyasa Yoga <i>Lisa Bermudez</i> | 4:15-5:15 YS | Vinyasa Yoga <i>Shanda Woods</i> | 1:15-2:15 YS◆ | Hot Athletic Yoga (L2) <i>Serena Tom</i> | 4:15-5:15 YS | Hot Power Yoga <i>Lindsay Carson</i> | 6:30-7:00 MS | Core Conditioning <i>Tracy Gordon</i> | 6:30-7:30 YS | Hot Vinyasa Yoga <i>Lisa Bermudez</i> | | |
| 4:00-5:00 YS | Hot Vinyasa Yoga <i>Jena Maenius</i> | 5:30-6:15 CS◆ | Studio Cycling <i>Julie Tamir</i> | 4:00-5:00 YS | Hot Vinyasa Yoga <i>Jena Maenius</i> | 5:30-6:15 MS | Inner Athlete <i>Lulu Faria</i> | 6:30-7:30 YS | Slow Flow Yoga <i>Jessica Willis</i> | | Hot Vinyasa Yoga <i>Jena Maenius</i> | | |
| 5:30-6:15 MS | Cardio Sculpt <i>Muri Assunção</i> | 5:30-6:15 MS | Tabata <i>Dominic Manfredi</i> | 5:30-6:15 CS◆ | Studio Cycling <i>Flaminia Fanale</i> | 5:45-6:30 CS◆ | Studio Cycling <i>LR Davidson</i> | 6:00-7:00 YS◆ | Hot Vinyasa Yoga <i>Victoria Slagter</i> | | Hot Vinyasa Yoga <i>Jena Maenius</i> | | |
| 5:30-6:30 YS◆ | Vinyasa Yoga <i>Lisa Anzelmo</i> | 5:45-6:30 YS | Pilates <i>Erin Ginn</i> | 5:30-6:20 MS | Titan Method Phantom <i>Omar Sandoval</i> | 6:00-7:00 YS◆ | Hot Vinyasa Yoga <i>Victoria Slagter</i> | 6:30-7:00 MS◆ | Firestarter <i>Lynze Schiller</i> | | Hot Vinyasa Yoga <i>Jena Maenius</i> | | |
| 6:15-7:00 CS◆ | Studio Cycling <i>Flaminia Fanale</i> | 6:30-7:15 MS | EQX Barre Burn <i>Lynze Schiller</i> | 5:45-6:45 YS◆ | Hot Vinyasa Yoga <i>Jena Maenius</i> | 7:00-7:15 MS | Ab Lab <i>Lynze Schiller</i> | 7:00-7:15 MS | Firestarter <i>Lynze Schiller</i> | | Hot Vinyasa Yoga <i>Jena Maenius</i> | | |
| 6:30-7:15 MS | METCON3 <i>Kendall Janicola</i> | 6:45-7:30 CS◆ | ANTHEM <i>Shanda Woods</i> | 6:30-7:20 MS◆ | Titan Method <i>Omar Sandoval</i> | 7:20-8:05 MS | EQX Barre Burn <i>Genieve Gordon</i> | 7:20-8:05 MS | EQX Barre Burn <i>Genieve Gordon</i> | | Hot Vinyasa Yoga <i>Jena Maenius</i> | | |
| 7:15-8:30 YS◆ | Vinyasa Yoga <i>Benn Rasmussen</i> | 6:45-7:45 YS◆ | Vinyasa Yoga <i>Jill Green</i> | 6:45-7:30 CS◆ | Studio Cycling <i>CJ Lee</i> | 7:30-8:30 YS | Hot Vinyasa Yoga Victoria Slagter | | | | Hot Vinyasa Yoga <i>Jena Maenius</i> | | |
| 7:30-8:15 CS◆ | Studio Cycling <i>Monika Janeczek</i> | 7:30-8:15 MS | Boot Camp <i>Will Jackson</i> | 7:15-8:15 YS | Hot Vinyasa Yoga <i>Eli Walker</i> | | | | | | Hot Vinyasa Yoga <i>Jena Maenius</i> | | |
| 7:30-8:15 MS | Tabata <i>Tim Flores</i> | | | 7:30-8:20 MS | Powerstrike! <i>Omar Sandoval</i> | | | | | | Hot Vinyasa Yoga <i>Jena Maenius</i> | | |

BRYANT PARK

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MON - THU: 5:30 AM - 10:00 PM

FRI: 5:30 AM - 9:00 PM

SAT: 9:00 AM - 2:00 PM

SUN: 9:00 AM - 2:00 PM

GROUP FITNESS MANAGER

DOMINIC MANFREDI
dominic.manfredi@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

| | |
|----|--------------|
| L1 | Beginner |
| L2 | Intermediate |
| L3 | Advanced |

STUDIO KEY

| | |
|----|----------------|
| MS | Main Studio |
| CS | Cycling Studio |
| YS | Yoga Studio |
| TR | Treadmill Area |

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

ANTHEM Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

TERRACYCLE! Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

HOT ATHLETIC YOGA A heated yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

HOT POWER YOGA Expect a sweat! This class intensifies the workout of your power yoga class by performing familiar power yoga strengthening and stretching combinations in a heated room.

HOT VINYASA YOGA A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

ATHLETIC TRAINING

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

TITAN METHOD Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

TITAN METHOD PHANTOM Developed by Omar Sandoval, The Titan Method Phantom incorporates the TM training philosophy of five-minute training rounds, but is done completely with bodyweight. Titan Method Phantom drills are guaranteed to develop your muscular strength, endurance and cardio fitness!

WHIPPED! Whip,

Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

INNER ATHLETE Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

PILATES

HEATED PILATES An intense Pilates experience incorporating the classical mat series designed by Joseph Pilates. Class links breath, flexibility, toning, and core strength in a heated environment.

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

BOXING & MARTIAL ARTS

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements choreographed to energizing music.